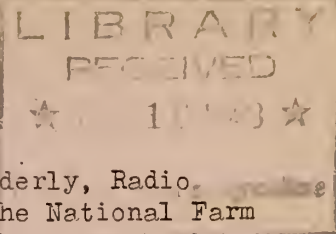


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Reserve

GET THE MOST GOOD FROM YOUR FOOD



Ruth Van Deman, Bureau of Home Economics, and Wallace Kadderly, Radio Service, U. S. D. A. Broadcast in the Department portion of the National Farm and Home Hour, Tuesday, December 29, 1942, over stations associated with the Blue Network.

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WALLACE KADDERLY: And now information about food on the home front with Ruth Van Deman leading off.

RUTH VAN DEMAN: The real lead, Wallace, comes from Secretary Wickard. In his Sunday broadcast, you remember, he stressed again and again, the need to get the best from our food. By dividing up what supplies we have on a fair share-and-share-alike basis by rationing, and not wasting any, we can all be reasonably well fed. In fact, some families may be better fed than under the present buy-as-buy-can system, with the first comers to market often getting more than they actually need. And, remember too, Secretary Wickard warned us that even under rationing, we're not going to be able to get as much of every kind of food as we want.

KADDERLY: Notably dairy products, eggs, and fresh vegetables. Yes, I marked that ... and made a mental note to ask you, Ruth, where we're going to get the calcium and vitamins that ordinarily come from these foods.

VAN DEMAN: Well, it isn't going to be easy. We're going to have to do everything we can to save food values all the way along the line, and tap new sources where we can. You see the situation is like this:

Cows and chickens don't actually manufacture the minerals and vitamins they pack into their milk and eggs. They get them from the green plant food they eat. And of course we're plant eaters too. So when dairy products and eggs are scarce, the next best thing is to get some of these food values straight from the vegetable kingdom ... especially from green and yellow vegetable the green ones with thin deep green leaves.

KADDERLY: And the pinch really comes when both dairy products and fresh vegetables are on the short side.

VAN DEMAN: Exactly.

KADDERLY: Victory gardens are going to be doubly important then ... especially if they're planned from the vitamin chart as you've suggested.

VAN DEMAN: Yes, victory gardens and home-canned foods from the garden will help lots of families keep their wartime diets better balanced. Remember that home-canned foods are not to be rationed as are other canned foods. And people who never dreamed of keeping chickens in their backyards are going in for it now.

KADDERLY: But, Ruth, we can't be too optimistic about victory gardens and backyard poultry flocks. There are millions of us in this country so situated that we can't raise any of our food.

VAN DEMAN: I realize that only too well, being one of them. But there are other

things nearly every one of us can do to conserve food values, when we cook, and when we serve food ... even when we eat.

KADDERLY: As for instance

VAN DEMAN: As for instance, washing, shelling, chopping vegetables just before time to cook. Not letting them stand in water 'till a lot of the food value leaches out and disappears down the kitchen sink when that water's drained off.

KADDERLY: You really mean then that peas should not be shelled or beans snapped until just before time to cook them.

VAN DEMAN: Much better not to. But when it's necessary to fix vegetables ahead of time, then wash and drain them thoroughly, cover them so the air can't circulate freely over them, and keep in a cold place.

KADDERLY: What about cooking vegetables and fruits in their skins versus paring them? I understand some of the very important food values in a potato, for instance, lie just underneath the skin.

VAN DEMAN: That's true. And the same with apples and lots of fruits and vegetables. From the standpoint of conserving food values it's better to bake or boil potatoes in their jackets, ... bake apples in their skins ... slice and cook tender young carrots skin and all.

KADDERLY: And many times you've pointed out the importance of short, quick cooking for vegetables, in a small amount of water.

VAN DEMAN: And not using soda with green vegetables. Soda may make the green greener, but it's a gay deceiver in the vegetable kettle. It destroys the B vitamins.

KADDERLY: Well, Ruth, what about the juice on canned vegetables? Some people drain it off and throw it away.

VAN DEMAN: That's just too bad. The juice on canned vegetables is like the juice on fresh cooked vegetables. It's full of food value. If there's too much to serve with the vegetable, then put it into the soup pot, or use it as the liquid in making gravy. It's plain waste to throw food away even in peacetime when it's abundant. Now with the job food has to do in helping us win this war, it's downright sabotage to be careless with food or not get full food value out of every pound and quart that comes into our possession.

KADDERLY: Ruth, what about the Bureau of Home Economics vitamin chart, to pin up on the kitchen wall, as a daily reminder to be on guard against waste?

VAN DEMAN: It can be had for the asking. And we have another folder called "Fight Food Waste in the Home" that tells how to store all kinds of food to keep it in good condition.

KADDERLY: Farm and Home friends, I'll repeat Miss Van Deman's offer of these two Bureau of Home Economics folders ... "Vitamins From Farm to You" ... "Fight Food Waste in the Home." Both, or either of these folders, can be had by sending a post card to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.